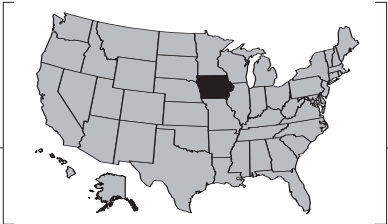


The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005



Iowa

All statistics are based on parental reports.

	National %	State %
Percent of children who are overweight	14.8	12.5
Age 10-11	21.9	22.4
Age 12-14	14.4	9.2
Age 15-17	10.7	10.3
0-99% Federal poverty level	22.4	17.9
100-199% Federal poverty level	19.0	16.6
200-399% Federal poverty level	13.7	11.5
400% Federal poverty level or more	9.1	10.2
Male	18.1	15.3
Female	11.5	9.5
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week	71.3	74.8
Age 10-11	78.2	78.9
Age 12-14	74.2	77.7
Age 15-17	63.3	68.9
Male	76.8	81.0
Female	65.6	68.0
Percent of children who were on a sports team or took sports lessons during the past 12 months	58.6	70.9
Age 10-11	61.5	69.5
Age 12-14	61.6	75.3
Age 15-17	53.4	66.7
Male	62.1	73.2
Female	55.0	68.3
Percent of children with at least one parent who exercises regularly	72.9	79.0